

First Baptist Church

www.firstbaptistregina.ca



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The prophets witnessed massive transitions of power and incredible movement of peoples. Over 600 years, empires swept across the Middle East: Assyrians, Babylonians, Persians, Greeks, and Romans. War, hunger, and violence led to collisions of culture and language.

The prophets' faith remained unshaken. God was in control. What some meant for evil, God was using for good. Consider Jesus and the early church. Rome's ruthless control also meant travel was eased between Africa, Europe and India.

As we watch Canada change, as we watch the news, do we feel like things are out of control? Or do we see God continuing to bring good out of evil? The prophets continue to call us to patient prayer and work while we wait on God's timing.

With love, Pastor Joel

Learning for Life

"The Book of Ezekiel" - September 15 - December 8, 2019

Dr. Kelvin Friebel will be leading a class on the book of Ezekiel. This class will begin with information on how to read Old Testament prophecy, followed by an introduction to the book of Ezekiel. The remainder of the classes will break down different key chapters in Ezekiel, including:

Ezekiel's call to be a prophet, Ezekiel's weird behaviour, Israel the unfaithful wife, God and the foreign nations, God restoring his presence, and more!

Dr. Friebel's doctoral studies are in Hebrew and Semitic studies, and he has a long history of teaching the Old Testament at CTS, Houghton College, and more recently at Briercrest College and Seminary.

"Stories Jesus Told", November 3 - December 8, 2019

This class will use the same format as "Stories about Jesus." Instead of stories featuring Jesus, we will look at some of his parables, stories he told to teach about the Kingdom of God.

Taught by Ron Phillips.

Achievers

Achievers' November 28 Christmas Luncheon

Fabulous Food, Fantastic Fellowship, Sensational Speakers? Why not sign up for the November 28th Christmas Achievers' Luncheon, at 11:55 a.m.? This wonderful group is for those 55+ years young. RSVP by either signing the lists located in the church foyers, or by phoning the church office. Please RSVP by Tuesday noon Nov. 26. The guest November speaker is our own Rev. Dr. Richard Hovey, with carol singing and possibly other special music. Achievers' Luncheons are held on the fourth Thursday of November, February (Marilyn Phillips), March (TBA) and April (TBA). You are invited to attend these luncheons in the Lower Hall of First Baptist Church. Why not invite a friend? This is a JOY filled group: Just Older Youth!

Contact Pastor John Nelson for more information or visit:
www.achieversregina.ca

Achievers' Luncheon Cost: \$10.00 (turkey loaf, vegetables, salads, bun, dessert & beverage)

November 28—Rev. Dr. Richard Hovey

February 27—Marilyn Phillips, singing and sharing!



Achievers' Bible Study

The November Achievers' Bible Study of will take place on Wednesday November 6 and 20 in the boardroom at the church. We will be studying I and II Peter. We meet every second Wednesday from 10-11 a.m. Please use the Lorne St. entrance.

Music@First

Music of Note

Yes, Christmas is just around the corner. Why not consider singing with the FBC Sanctuary Choir as they prepare for the Christmas Glory Concert on Sunday, December 15, 7:00 p.m. Become a seasonal singer during the month of November and attend the Thursday night rehearsals that start at 7:00 p.m. Not only will your participation enrich your life, but your participation will enhance the overall outreach ministry and Christmas spirit of Christmas Glory.

As Advent/Christmas approaches, why not find your "Place to Belong" in the music ministry of First Baptist Church? Remember, "Christmas! Every year we gather with family and friends to celebrate the miracle and mystery of a single blessed event: the birth of Jesus Christ our Lord and Saviour. Whether it is listening to a choir sing an anthem of the season, or an entire community of people joining their voices in beloved carols, music is such a wonderful and important part of our adoration and worship of the One who came so humbly to this earth on that very special silent, holy night." Unknown author

Music has the power to change lives! Joining the caring choir community is more than just becoming involved in one of the arts. It is a matter of the heart and of ministry.... a key in changing lives! You say that you are too busy, that you cannot sing?" Well, God is more concerned about our availability than our ability." For more information contact Pastor John, 306-359-1450.

The Sanctuary choir rehearses on Thursday nights starting at 7:00 p.m. in the choir loft. Enter by the Lorne Street door by the alley and come up to the second floor and be warmly welcomed by choir members in the Music Room.

JuBELLation Ringers

Do you read music? Why not consider joining JuBELLation Ringers, an adult/youth handbell music group open to anyone who reads music and can rehearse on Tuesday nights from 6:00-7:00 p.m. in the church sanctuary. Maybe you know someone who might be interested in ringing with this wonderful group? We are seeking 2-3 additional ringers, so please contact Pastor John.

Mark your calendars with notable music dates:

Dec. 2-5	Regina Rotary Christmas Carol Festival- Knox Met United Church
Dec. 8	Luther College High School Candlelight Services
Dec. 13	Cantate Youth Choirs Christmas Concert- 7:30 p.m. First Baptist Church
Dec. 14	Vivace Choral Ensemble Christmas Concert- 7:00 p.m. First Baptist Church *tickets required
Dec. 15	Christmas Glory Concert- 7:00 p.m. First Baptist Church Bells* Carols*Choirs*Instrumental/Vocal solos*Special readings Guest musicians: Karen Martin, Rob Nelson, plus others to be confirmed
Dec. 24	Christmas Eve Candlelight and Communion Service- 6:00 p.m. First Baptist Church

Organ Scholarships

The Board has approved offering organ scholarships to qualified applicants from inside and outside of the church. This has been made possible thanks to the generosity of Ruth Nelson and Walter Ellis.

The goals are:

- To encourage and develop musicians in general and organists specifically;
- To increase among musicians familiarity with, and knowledge of, church music and church worship services;
- To seek and draw out both musicians within the church as well as musicians with no previous experience of Christianity;
- To provide financial support while learning, as well as rewarding experiences playing during worship services and other music events.

There are a number of criteria for applicants including having grade 7 or 8 piano and good sight reading ability. An audition will be required. Please share this opportunity with anyone you know who may be interested.

For more information, speak with Pastor John or Brenda.

TNT

Tuesday Nights Together—or TNT—takes in the lower hall at 5 p.m. for potluck supper and 7 p.m. for bible study.

Tai Chi for Baptists

Tai Chi - you are welcome to join in with the group doing Tai Chi for Baptists. We meet in the lower hall on Saturday at 9 a.m. for an hour of exercise then half an hour of devotions and prayer. In November we meet on the 2, 16, 23 and 30th (unless there's an unexpected funeral or wedding). Our oldest member is 90+, so don't think you're too old to come and try it out! We have several new members this year, so are going over the moves slowly together. Now's a good time to join for some exercise and fun (we don't take ourselves very seriously)!

Prayer

Prayer Breakfast

Prayer Breakfast takes place Wednesday mornings from 8 a.m. to about 9:15 a.m. We meet in the library for a simple breakfast, a short devotion, and discussion; then we collect items for prayer. People are welcome to come by entering the Lorne St. door and coming down to the library. You may pray silently or out loud, as you are comfortable. There's space for you!

Daily Prayer Times

Morning prayer times, Monday to Thursday, 7:15-7:45, west balcony prayer room. Use the Victoria St door.

Wednesday noon hour prayer time, 12:15-12:45, conference room. Use the Lorne St door.

All are welcome. Our prayer times are made up of scripture, silence, prayers, and intercession for one another and our world.

Financial Report

The 2019 year-to-date financials indicate that offerings to the end of September were 12% **above** giving for the same period in 2018. However, due to the increase in personnel expenses beginning in May, the forecast is that overall expenses will be close to the budgeted number at year-end, so it appears that our requirement for giving is currently not keeping up with expenses.

Approved Operating Budget for 2019:	\$ 408.7K
Approved Operating Budget to end of September 2019: (prorated monthly)	\$ 306.5K
Operating Revenue to end of September 2019:	\$ 289.5K
Operating Expenses to end of September 2019:	\$ 295.3K
Restricted Reserve Balance:	\$ 301.8K
CBWC Loan Balance:	\$ 255.7K

NOTE: Our budget for 2019 was increased with the congregation's approval to hire new staff. Now that our new pastors have joined the staff, please consider this when you budget your monthly giving and tithes.

Reminders...

We have several ways to provide your regular tithes and donations to the church:

1. Place your gifts in an offering basket during any worship service or mail to the Church Office.
2. Establish a **Pre-authorized Remittance (PAR) Plan**. This will automatically transfer funds from your account into the FBC

Regina account on a regular basis. Please email the church or contact the Treasurer if you would like to set up PAR, or change your commitment.

3. Make an online donation:

- Use **Interac e-Transfer** to donate from your phone or computer to FBCRegina@gmail.com *(no fee or cost to the church)*
- Use a credit card or PayPal via the **PayPal Giving Fund** *(no fee or cost to the church)*
- Use a credit card or PayPal via **CanadaHelps** *(a fee of 3.5% is deducted from the donation)*

PLEASE refer to more specific information on these contribution methods that is available on the church website. You may email the church or contact the Treasurer for further details.

ChurchTrac

Our church management system (ChurchTrac) has a Congregation Access feature which allows members of our church to access their own profiles and view their contribution statements. If you have provided an email address to us for the system, you will be able to use this feature. In order to view your personal profile, please use the following link:

<http://firstbaptistregina.ca/get-connected/churchtrac/>

If you have not provided an email yet or are having problems accessing the system, please send a note to the Church Office (main_fbcregina@sasktel.net).

ChurchTrac also houses the church directory. If you didn't have a photo taken earlier this year, you may submit a family photo to the Church Office for inclusion in the directory.

VOICE

Voice is a group for all women who like to read. We discuss what we have read, and we try to be a support group for all women on their spiritual journey.

Because the chapters are quite short, it has been decided to complete all of section 3 and 4 in two separate meetings. That will finish our book Surprised by Paradox by Jen Pollock Michel.

November 13th: No meeting because of the potluck supper for Nigel Pollock at the church

November 27th: Section 3: Grace. Chapters 9 through 12, pgs. 105-136.

December 11th: Section 4: Lament. Chapters 13 through 16, pgs. 147-180.

We are hoping to sponsor a Novel Study when we have consensus about a novel we want to read, probably during the month of January, 2020. For more information on Voice please contact Martha.

Property Commission

Last year we repaired the front steps of First Baptist Church, repainted the handrails, fixed the brickwork at the back of the building, and installed a new dishwasher. But we're not finished yet!

There are still a number of property issues to be addressed, and we need your help. We're looking for volunteers to assist with additional cleaning and for contributors to help support various projects.

Volunteering	Projects
Interior window cleaning	Carpet cleaning
Deep-cleaning the kitchen	Exterior window cleaning
Cleaning the pews	Nursery painting/renovation
Cleaning lower hall tables	Installing a winterized tap for watering plants
Caulking the balustrades on the balcony stairs	Installing electrical plugs to the front of the building for Christmas lights
	Painting the lower hall

If you can help by contributing your time, please contact Rob Stafford or by emailing the church office at main_fbcregina@sasktel.net. If you can help by contributing financially, please mark your offering envelope "property fund."
Thank you, Rob Stafford

Katepwa Lake Camp

Tickets to KLC's 70th Anniversary Fundraising Gala on Saturday Nov. 16 at Westhill Park Church are now on sale. Go to KLC website to purchase. <https://www.katepwalakecamp.com/>

Hope to see you there!

Katepwa Lake Fall Retreat

The 2019 Fall Retreat was a great time of fellowship, relaxation, walks in nature and, perhaps most importantly, deepening relationship with one another and God. There were 35 of us in attendance over the span of the weekend, varying in ages from preschool to retirement. Time was spent learning together in sessions on meeting Jesus both in his word and in others, sharing meals together, and working together to make the weekend happen. Katepwa Lake Camp was a great place to have this Fall Retreat, affording us a relaxed environment in a beautiful location. A thank you to each one who attended and helped to make the 2019 Fall Retreat both memorable and encouraging. I am already looking forward to our 2020 Fall Retreat; watch for details to come!

Church Library Corner

You may notice that access to the library shelving is much improved. Here is an idea to save you money, instead of buying more books, consider borrowing from the church library, it is cheaper and investment rewards are eternal.

Collin Carbno (Church Librarian)

Mino-maawanji'itiwag: Coming Together in a Good Way

November 8th and 9th, at Living Hope Alliance Church

First Baptist Regina is once again helping to sponsor two days of meaningful talks with Indigenous Christian leaders from across Canada.

Come hear what God is doing among Indigenous Christians and in the church as we move forward together in a good way. Everyone is welcome.

Main Speaker: Ray Aldred

Workshop presenters: Terry Leblanc, Casey Church, Sheri Russell, James Thunder, Jodi Spargur, and Steve Heinrichs

Registration Starts: 8:00 am

\$75 per person, includes lunch and refreshments on both days

For more information speak with Pastor Joel or Diane Campeau

To register or for more information visit:

iemergence.org/mino-maawanjiitiwag/

Diaconate Report

On Saturday, October 5th, the Diaconate, and volunteers/leaders in the church met to create a proposed budget to be presented at upcoming General Congregation meeting in November. A lot of positive things have been happening this year, such as the SENT team, visitation process, building property improvements, music scholarships, great concerts, well-attended barbecues and patio parties, and more. Part of this was made possible by our new staff which brought additional energy, ideas and excitement to our congregation. Overall, FBC attendance for 2019 is so far up slightly, which is very encouraging news. Giving is also up substantially from 2018 so that we are almost keeping up with expenses. At the Congregation meeting in November, you will hear about the thinking behind our decision to recommend that we continue to pay down debt, build our property fund, invest in our facilities, invest in our staff, and to continue to invest in missions, in discipleship, in our music ministry, and much more. The finance committee has done an excellent job of helping the church monitor, steward and now budget our financial resources and find the sweet spot between "present" and "future", "wonderful" and "practical". All this adds up to show that budgets aren't primarily about numbers but about intention, planning, investing in ministry, and wise usage of the resources we have. The 2020 budget proposal on the table, while an increase, isn't reckless, and there are cushions, safeguards, and new ideas we can draw on if need be to help us through 2020 and beyond should we fall short of budget targets. You won't want to miss our congregational meeting in November to understand the thinking, the choices, the challenges, and the opportunities that lie before us.

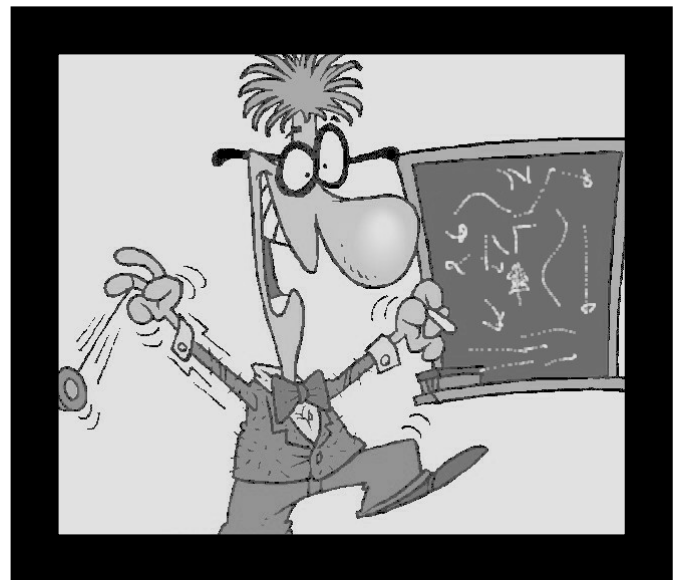
Collin Carbno, Chair of Diaconate FBC

First Baptist Business Meeting - November 17th

Our fall business meeting will be on November 17th following the morning worship service. Lunch will be provided. All are encouraged to attend. The agenda and all materials for discussion will be available in the foyers. Please take the time to read over the proposed budget and the agenda. Please contact deacons, the treasurer, or staff with any questions or concerns you may have.

Bible Cartoon by Collin Carbno

No one ever said that Fretz's bible class was boring. When Fretz told the stories of the bible battles, you got a play by play animation of troop movements and strategy. "Now when Gideon heard"





Christmas Together: Church-wide Christmas Dinner

Sunday, Dec 1, 12:15 (immediately after the service)

Join your church family and friends in the lower hall for a Christmas Brunch! Invite your friends and family to come for the whole morning. Please RSVP with Rob and Tiffany, by filling in a “sign-up” sheet, or by contacting the church by phone or email.

The Wedding of Tiffany and Rob

You are invited!

Rob and Tiffany will be getting married during the Sunday morning worship service on December 1st, the first Sunday in Advent. Communion will also be celebrated

Everyone is invited to the celebration meal that will follow. Please RSVP with Rob and Tiffany, by filling in a “sign-up” sheet, or by contacting the church by phone or email.



What's Up With Missions?

IVCF POTLUCK SUPPER - First Baptist Church

Wednesday, November 13th 5:30 p.m. Punch; 6:00 p.m. Supper

Speaker, Nigel Pollock, IVCF National Director

Come hear what God is doing through InterVarsity Christian Fellowship

Bring a friend & food item to share. All are welcome.

Christmas "Hopeful Gifts for Change" - CBM

Give meaningful gifts that make a difference for those in need around the world this year. Choose a cause that speaks to your heart! See catalogues in the foyer, or online at "hopeful gifts.ca"

FBC Website

Our website (firstbaptistregina.ca) doesn't just list upcoming events. It has an abundance of information including:

- background information, articles, and videos about Sunday's songs and scriptures to prepare for the upcoming sermon (posted the preceding Thursday);
- the current monthly newsletter and weekly bulletin;
- an audio recording of the sermon from the previous Sunday and links to past sermons;
- descriptions and material about our Learning for Life classes;
- links to ChurchTrac and key documents;
- information about our Lebanese mission partnership;
- and, of course, upcoming events and calendar.

If you haven't already visited the website, please take some time and have a look.

Kids@First

Nursery (ages 0-3)

Volunteers are in the nursery most Sundays to welcome your children 0-3 yrs and help them know this a place where they are cared for by our church family. Our time together includes a song, a story and play with others. While we know it is an adjustment for each wee one to leave their parents, please try leaving your cell number or location in the sanctuary with the nursery workers and see how your child settles.

On weeks where the older children are upstairs, the nursery will be unsupervised so parents are then welcome to stay in the nursery with their little ones and watch the service on the TV.

Godly Play (ages 3-6)

Godly Play is a method of Christian education and spiritual direction that aims to teach children the art of using religious language, parable, sacred story, silence and liturgical action to help them become more fully aware of the mystery of God's presence around them and in their lives. A volunteer leader and shepherd guide the children through the lesson each week. We are excited to have more youth involved in the leadership of Godly play this year so please encourage them as they learn their new roles.

Oasis (ages 7-11)

It takes time to soak in a story - to learn and understand it - especially when the stories are from a different culture and time. For this reason, we focus on the same story for 3-4 weeks with different activities each week to help learn the story from a unique angle. After reading from their bibles, the Oasis children explore the passage through painting, drama, quizzing, games, cooking, science experiments and any other way we dream up.

Youth

November	
1 st	<p>Bowling at NORTOWN BOWLING lanes on Rochdale. Please arrive at 6:45 to get your shoes fit properly. We will bowl till around 8:30 and then have snacks at the ally if anyone wants to. Pickup will be at 8:45.</p> <p>Please bring \$5 for the bowling and any cash you would want for snacks. If you cannot afford that amount please just bring what you can.</p>
8 th	No event - Remembrance Day long weekend
15 ^h	Bible study at FBC - meet at the church at 7:00. Bring \$1 to help cover the cost of snacks.
22 nd	<p>Bigger and Better night - we will organize an event to try and get some items that we want for our youth room. We will need several volunteers to drive this night who have a truck or access to one. We will meet at the church at 7:00 and end the night there as well at 9:00. Come out and help make a trade happen</p>
29 th	<p>Intergenerational Games Night - this night the youth will be leading the event, which means that they are responsible for the snacks, games, and a talk. Anyone can come to the event. Please bring a game or tw to share. We will be having a “Youth’s vs. Adults” game that night as well. Location: FBC lower hall. Time: 7:00-9:00</p>

Volunteers for Youth and Children

Thanks to the many volunteers who have stepped up to make this upcoming year possible! If you would like to volunteer, or just find out more about what volunteering involves, please speak to Pastor Kayely or Chris Senger in person, by cell or email.

Men's Brunch and Work Bee

November 23, 9 - 12

We tried this in September and felt it was worth trying again. We will tackle a few projects ahead of the Christmas events and wedding and we will finish with a brunch. Mark your calendars. All ages welcome. Let Joel know if you can make it.

Flu Clinic

A Note of Thanks from Open Door

I would like to express my sincere thanks to the First Baptist Church team and wonderful volunteers who helped us throughout the day during our flu clinic on October 23. We immunized 413 individual this year. Thank you again for providing us space. We appreciated it so much. Have a wonderful week !!!

Regards, Dhaka Tiwari

Prayer Chain

My name is Bryden Yeo and I prepare the prayer email for our church. It's something that has really blessed my family and my prayer life. A lot of the time I feel a bit disconnected by life and things going on. I'm not sure how I can pray for my church family. Well, this is something that can help with that, and it could help you connect with your church family as well.

Here's how it works: If you have a prayer request for yourself or someone else, simply send the request (either specific or general, telling us you'd like us to pray for you or your loved ones) to main_fbcregina@sasktel.net. I'll send requests out to people from our church who would like to pray. I'll only send the requests to people who have asked to be on the prayer line. In this way your prayer requests will be prayed for throughout the day as people read them and make time to pray on their own. All prayer requests will be held in confidence.

If you are interested in being on our prayer list, please speak with me or with a pastor, and I can add your name. I won't share your email addresses with anyone else, and should you choose to leave the prayer group, just send me an email.

Interview: Bryden Yeo

Bryden, tell us something about your childhood.

(laughing) My childhood was really boring. I was born in Swan Hills, Alberta, where my father worked in an oilfield. I have a younger brother and sister. I was raised a Roman Catholic, and it was all pretty routine until one day I prayed to God and said if you are real I want to follow you. My faith grew and I made a commitment to him: I believe and I'll follow.



How did you come to Regina?

(laughing again) It was 1999. I had broken up with the boyfriends I dated over the years and decided that Alberta men sucked. I had a friend in Regina who told me the men in Regina were nicer and much better. I wanted a fresh start anyway, so I just came to Regina and rented a room from one of her friends.

And how did you come to First Baptist Church?

I wanted to go to church, so I walked down Victoria Avenue looking for one. When I came to FBC I thought it was a museum! I asked some people who were going in, and they informed me that it was a church, and invited me inside. Everyone was so friendly. I was baptized two weeks later, and ended up getting married and joining the young adult group ran by Tim Furry. It was in that group that I learned a lot about scripture and prayer.

And were the boys in Regina nicer?

Yes. I learned early in my first days in Regina that I needed to pray specifically when I prayed to God. So I spoke to God about how I was tired of dating. I wanted to meet a man who would love me as much as I loved him, and start a family together. I really thought I was going to have a long wait. However two weeks later I met Shawn. He is completely unlike me. He is soft spoken. I thought we would date for a few weeks. We've now been married for 18 years and have 5 kids. I'll never forget Henry Friesen's advice about marriage: "Listen and compromise." That advice has saved our marriage four times.

Then one year at Easter time, I was talking to my kids about what Easter was all about. I explained to them how God sent Jesus to earth for us, how he took away our sins on the cross and rose from the dead. Cool thing was that Shawn was also listening and asked me more about it. This is how he came to know Jesus.

Years later Joel called to talk to Shawn about baptism classes. Mark was teaching them and they wanted to know if he would be interested. Shawn asked William to attend them with him, and at the end of the classes Shawn and William were baptized. It was amazing to see my son and husband be baptized, but also amazing because William is on the Autism spectrum and I was never sure if baptism would be something he would understand. The Lord must have spoken to him, because not only did Will understand but it was something he really wanted to do.

You have other children too, don't you?

Yes, I have five children aged 17 to seven: William, Gavin, Ethan, Madeleine, and Max.

Shawn works for Lennox and sells HVAC equipment to HVAC companies.

I know you have struggles with mental health. Do you want to talk about that?

Very much so. Mental illness is much more common than you think. But there's a stigma about it, and people hide it. People struggle all the time.

I've had a long struggle with ADHD, depression, social anxiety, and type 2 Bipolar. What happens a lot is I feel overwhelmed, freeze up, and I have up and down mood swings. It's very stressful and exhausting.

Tell us more about how you got professional help.

It's so difficult to navigate the system. When you're depressed it's difficult to think, function or just to pick up the phone. People don't take you seriously. They tell you to do exactly what you can't do. You get told to go one place only to be sent to another. Doctors don't always understand what you are trying to tell them, or they think it's something else. Or, and this is what happened to me, they tell you that you need to find a counsellor or Psychiatrist, but then the Psychiatrist tells you that you need to be referred by the Doctor, then the Doctor says no that's not how it works. It wasn't until I felt like a complete failure and was moderately depressed that they took me seriously.

The frustrating thing about mental health is you are stuck in a downward spiral. People can't find help. They turn to drugs or alcohol to find an escape. That leads to addiction, and that in turn leads to stealing. I drank and abused drugs for five years for this very reason. I couldn't get help, and I couldn't deal with my life. I remember praying to God, asking what was wrong with me. What I didn't realize at the time, was that He was listening, and had already begun to lead me on a path to recovery. God has helped me through so many people, to get to where I am today, sober, supported and loved. I have been given tools like mindfulness,

gratitude, grounding and medication, that have helped me to regain some independence, and control.

My psychiatrist has taught me to slow down. I want things to change NOW. I want to be recovered and get on with my life. But it doesn't happen like that. It's step by step, and it takes time. Also recovery is something that needs to be worked at daily, hourly even. It's going to be a constant thing my whole life. I need to stop trying to live like someone without mental health issues, and accept myself for who I am.

To do that I have stopped looking for work, and instead, keep volunteering at the church and in my community, and beginning to take care of myself as well as my family.

You say that other things have helped as well.

My family has helped. God speaks to me through my husband and kids often. He encourages me through friends and opportunities. I have found support groups, and different programs in the city, that help me as well. All of these things are places that God has led me to go. He is my hope, my rock, guide and protector. I am so grateful to Him.

Talk about how the church has helped.

Church communities have been so accepting. Jenn and Reade have been helpful on Facebook. Joel, Kayley, Richard and John have always been kind, listen and have been there for our family. As well as many other pastors over the years.

Worship service always grounds me. It's like a reminder of who God is. How much He loves us and is with us. What his word is and just how much we love Him and are thankful for all God has given me and my family.

This church has given me friendship, a place to serve and a place to grow spiritually.

This year, for the first time in 40 years, I woke up and didn't feel crazy. It's all because God heard my prayers, took me as I was, and began to lead me from the dead end I was stuck in, and into a straight path that He had established just for me, a path of healing, love, strength and an amazing God.

I want to help in the church in any way I can. I'd love to help anyone else who struggles with mental health. God has made you the way you are. God can help you with mental health. You are not alone. All my hope is in my Lord and Saviour Jesus, and he can do the same for anyone who calls out to Him.

Interviewer—Annabel Robinson

If you would like more information about any of the events described in this newsletter, please contact the church or speak with any of the church staff.

First Baptist Church

Staff

Joel Russell-MacLean, Lead Pastor
John Nelson, Associate Pastor
Kayely Rich, Associate Pastor
Richard Hovey, Associate Pastor
Norma Holtlander, First Baptist Place Chaplain
Chris Senger, Youth

Church Board

Collin Carbno - Chair	Laureen Snook - Secretary
Kevin Rich - Treasurer	Ron Phillips - Vice-chair
Rosemary Ward	Barry Lyons
Tiffany Lai	Adijah Pusi
Eleanor Russell	Esther Guernsey
Brenda Ziolkowski	

Website: firstbaptistregina.ca
Email: main_fbcregina@sasktel.net
Phone: 306-359-1450

Life Together

Sunday	9:30 am 11:00 am	Learning for Life Worship Service
Monday	7:15 am	Morning Prayers
Tuesday	7:15 am 5:00 pm 6:00 pm	Morning Prayers TNT JuBELLation
Wednesday	7:15 am 8:00 am 12:15 pm	Morning Prayers Prayer Breakfast Noon Prayers
Thursday	7:15 am 7:00 pm	Morning Prayers Choir
Friday	7:00 pm	Youth Event
Saturday	9:00 am	Tai Chi

Month at a Glance

Wednesday Nov. 6	Achievers' Bible Study 10-11 a.m.
Friday Nov. 8-9	Mino-maawanji'itiwag: Coming Together in a Good Way at Living Hope Alliance Church
Wednesday Nov. 13	IVCF Potluck Supper @ 6 p.m. at First
Sunday Nov. 17	Church Business Meeting—after service, lunch provided
Wednesday Nov. 20	Achievers' Bible Study
Saturday Nov. 23	Men's Work Brunch and Work Bee, 9-12
Wednesday Nov. 27	Voice 7-9 p.m.
Thursday Nov. 28	Achiever's Luncheon
Sunday Dec. 1	Church-wide Christmas Dinner and Celebration of Rob and Tiffany's Wedding - All are invited